

HIGH FREQUENCY FULL BODY PROGRAM

WEEK 1

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	4	4	77.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	DUMBBELL INCLINE PRESS	2	3	8	RPE8	2-3 MIN					-45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE7	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE9	1-2 MIN					DROPSET. DROP WEIGHT BY -50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	HANGING LEG RAISE	1	3	12	RPE7	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	85%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE8	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	3	12	RPE6	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE6	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE7	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE6	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE8	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE8	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE6	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	STANDING CALF RAISE	1	4	8	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	4	2	85%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DIP	2	3	10	RPE8	2-3 MIN					TUCK YOUR ELBOWS AT 45°, LEAN YOUR TORSO FORWARD 15°, SHOULDER WIDTH OR SLIGHTLY WIDER GRIP.	
	GLUTE HAM RAISE	0	3	10	RPE6	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE7	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE7	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	6	75%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	EGYPTIAN LATERAL RAISE	1	3	8	RPE8	1-2 MIN					2-SECOND ECCENTRIC. LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
	CABLE SEATED ROW	1	3	12	RPE7	1-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, PULL WITH YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	INCLINE DUMBBELL CURL	1	2	10	RPE8	1-2 MIN					BRACE UPPER BACK AGAINST BENCH, 45 DEGREE INCLINE, KEEP SHOULDERS BACK AS YOU CURL	
	BICYCLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
	STANDING CALF RAISE	1	4	12	RPE7	1-2 MIN					PRESS ONTO YOUR TOES	
	PUSH UP	0	2	RPE ONLY	RPE6	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY FULL BODY PROGRAM

WEEK 2

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	3	6	77.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	DUMBBELL INCLINE PRESS	2	3	8	RPE8	2-3 MIN					-45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE7	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE9	1-2 MIN					DROPSET. DROP WEIGHT BY -50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	HANGING LEG RAISE	1	3	12	RPE7	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	5	80%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE8	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	3	12	RPE6	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE6	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE7	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE6	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE8	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE6	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	STANDING CALF RAISE	1	4	8	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	RESET DEADLIFT	3	3	5	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DIP	2	3	10	RPE8	2-3 MIN					TUCK YOUR ELBOWS AT 45°, LEAN YOUR TORSO FORWARD 15°, SHOULDER WIDTH OR SLIGHTLY WIDER GRIP.	
	GLUTE HAM RAISE	0	3	10	RPE7	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE7	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE7	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

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DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	10	65%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	EGYPTIAN LATERAL RAISE	1	3	8	RPE8	1-2 MIN					2-SECOND ECCENTRIC. LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
	CABLE SEATED ROW	1	3	12	RPE7	1-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, PULL WITH YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	INCLINE DUMBBELL CURL	1	2	10	RPE8	1-2 MIN					BRACE UPPER BACK AGAINST BENCH, 45 DEGREE INCLINE, KEEP SHOULDERS BACK AS YOU CURL	
	BICYCLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
	STANDING CALF RAISE	1	4	12	RPE7	1-2 MIN					PRESS ONTO YOUR TOES	
	PUSH UP	0	2	RPE ONLY	RPE6	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY
PROGRAM

WEEK 3

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	4	4	80%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	DUMBBELL INCLINE PRESS	2	3	8	RPE9	2-3 MIN					-45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE7	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE10	1-2 MIN					DROPSET. DROP WEIGHT BY -50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	HANGING LEG RAISE	1	3	12	RPE7	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	85%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE9	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	3	12	RPE7	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE7	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE7	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE7	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

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DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE9	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE7	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	STANDING CALF RAISE	1	4	8	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
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WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	4	2	87.5%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DIP	2	3	10	RPE9	2-3 MIN					TUCK YOUR ELBOWS AT 45°, LEAN YOUR TORSO FORWARD 15°, SHOULDER WIDTH OR SLIGHTLY WIDER GRIP.	
	GLUTE HAM RAISE	0	3	10	RPE7	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE7	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
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	ROPE FACE PULL	1	3	20	RPE7	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

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DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	6	77.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	EGYPTIAN LATERAL RAISE	1	3	8	RPE9	1-2 MIN					2-SECOND ECCENTRIC. LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
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	SEATED HIP ABDUCTION	1	3	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	INCLINE DUMBBELL CURL	1	2	10	RPE7	1-2 MIN					BRACE UPPER BACK AGAINST BENCH, 45 DEGREE INCLINE, KEEP SHOULDERS BACK AS YOU CURL	
	BICYCLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
	STANDING CALF RAISE	1	4	12	RPE7	1-2 MIN					PRESS ONTO YOUR TOES	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY FULL BODY PROGRAM

WEEK 4

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	3	5	80%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	DUMBBELL INCLINE PRESS	2	3	8	RPE9	2-3 MIN					-45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE8	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE10	1-2 MIN					DROPSET. DROP WEIGHT BY -50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	HANGING LEG RAISE	1	3	12	RPE8	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	

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DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	5	80%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE9	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	3	12	RPE8	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE8	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE8	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE8	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

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DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE9	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	STANDING CALF RAISE	1	4	8	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	RESET DEADLIFT	3	3	5	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DIP	2	3	10	RPE9	2-3 MIN					TUCK YOUR ELBOWS AT 45°, LEAN YOUR TORSO FORWARD 15°, SHOULDER WIDTH OR SLIGHTLY WIDER GRIP.	
	GLUTE HAM RAISE	0	3	10	RPE8	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE8	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE8	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	EZ BAR SKULL CRUSHER	1	3	15	RPE8	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	10	67.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	EGYPTIAN LATERAL RAISE	1	3	8	RPE9	1-2 MIN					2-SECOND ECCENTRIC. LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
	CABLE SEATED ROW	1	3	12	RPE8	1-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, PULL WITH YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	INCLINE DUMBBELL CURL	1	2	10	RPE8	1-2 MIN					BRACE UPPER BACK AGAINST BENCH, 45 DEGREE INCLINE, KEEP SHOULDERS BACK AS YOU CURL	
	BICYCLE CRUNCH	1	3	15	RPE8	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
	STANDING CALF RAISE	1	4	12	RPE8	1-2 MIN					PRESS ONTO YOUR TOES	
	PUSH UP	0	2	RPE ONLY	RPE8	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY
PROGRAM

WEEK 5

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	(TOPSET) BACK SQUAT	3	1	3-5	87.5%	2-4 MIN					IF YOU'RE FEELING STRONG AND CONFIDENT, GO FOR 5. IF YOU FEEL LESS STRONG, PLAY IT SAFE WITH 3-4 REPS.	
	(BACK OFF) BACK SQUAT	0	2	5	75%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	BARBELL OVERHEAD PRESS	2	4	6	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE7	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	4	8	RPE7	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	SUPINATED EZ BAR CURL	1	3	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	AB WHEEL ROLLOUT	1	3	6	RPE7	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	87.5%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	4	12	RPE7	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE7	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	DUMBBELL LATERAL RAISE	0	4	15	RPE7	1-3 MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
	OVERHEAD TRICEP EXTENSION	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE7	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	SINGLE-LEG LEG PRESS	2	4	15	RPE7	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	4	8	RPE7	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	CABLE SINGLE-ARM CURL	0	4	8	RPE7	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	[TOPSET] DEADLIFT	3	1	2	90%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	[BACK OFF] RESET DEADLIFT	0	3	2	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DECLINE BENCH PRESS	2	4	8	RPE7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	GLUTE HAM RAISE	0	4	10	RPE7	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	4	12	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE7	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	3	8	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	PENDLAY ROW	1	4	10	RPE7	1-3 MIN					KEEP A FLAT BACK, PULL YOUR ELBOWS BACK AT 45 DEGREE ANGLE	
	SEATED HIP ABDUCTION	1	4	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	EZ BAR CURL 21S	1	2	7/7/7	RPE7	1-2 MIN					FIRST 7 REPS BOTTOM HALF OF ROM, NEXT 7 REPS TOP HALF OF ROM, LAST 7 REPS FULL ROM	
	CABLE CRUNCH	1	4	15	RPE7	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	
	STANDING CALF RAISE	1	4	12	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY FULL BODY PROGRAM

WEEK 6

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	2	90%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	[BACK OFF] BACK SQUAT	0	2	3	85%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	BARBELL OVERHEAD PRESS	2	4	8	75%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE7	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	4	8	RPE7	2-3 MIN					SUPINATED (UNDERHAND) SHOULDER WIDTH GRIP, PULL WITH LATS	
	SUPINATED EZ BAR CURL	1	3	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	AB WHEEL ROLLOUT	1	3	12	RPE7	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	5	85%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	4	12	RPE7	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE7	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	DUMBBELL LATERAL RAISE	0	4	15	RPE7	1-3 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	OVERHEAD TRICEP EXTENSION	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE7	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	4	3	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE7	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	4	8	RPE7	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	CABLE SINGLE-ARM CURL	0	4	8	RPE7	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	(TOPSET) DEADLIFT	3	1	4	85%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	(BACK OFF) RESET DEADLIFT	0	3	4	75%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DECLINE BENCH PRESS	2	4	8	RPE7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	GLUTE HAM RAISE	0	4	10	RPE7	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	4	12	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE7	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE7	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	4	82.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	PENDLAY ROW	1	4	12	RPE7	1-3 MIN					KEEP A FLAT BACK, PULL YOUR ELBOWS BACK AT 45 DEGREE ANGLE	
	SEATED HIP ABDUCTION	1	4	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	EZ BAR CURL 21S	1	2	7/7/7	RPE7	1-2 MIN					FIRST 7 REPS BOTTOM HALF OF ROM, NEXT 7 REPS TOP HALF OF ROM, LAST 7 REPS FULL ROM	
	CABLE CRUNCH	1	4	15	RPE7	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	
	STANDING CALF RAISE	1	4	12	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY
PROGRAM

WEEK 7

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	6-8	80%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	[BACK OFF] BACK SQUAT	0	2	8	70%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	BARBELL OVERHEAD PRESS	2	4	10	65%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE8	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	4	8	RPE8	2-3 MIN					SUPINATED (UNDERHAND) SHOULDER WIDTH GRIP, PULL WITH LATS	
	SUPINATED EZ BAR CURL	1	3	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	AB WHEEL ROLLOUT	1	3	12	RPE8	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	10	75%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	4	12	RPE8	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE8	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	DUMBBELL LATERAL RAISE	0	4	15	RPE8	1-3 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	OVERHEAD TRICEP EXTENSION	0	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE8	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	10	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	4	8	RPE8	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	CABLE SINGLE-ARM CURL	0	4	8	RPE8	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	(TOPSET) DEADLIFT	3	1	6	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	(BACK OFF) RESET DEADLIFT	0	3	6	70%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DECLINE BENCH PRESS	2	4	8	RPE 7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	GLUTE HAM RAISE	0	4	10	RPE8	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	4	12	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE8	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	EZ BAR SKULL CRUSHER	1	3	15	RPE8	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	6	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	PENDLAY ROW	1	4	12	RPE8	1-3 MIN					KEEP A FLAT BACK, PULL YOUR ELBOWS BACK AT 45 DEGREE ANGLE	
	SEATED HIP ABDUCTION	1	4	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	EZ BAR CURL 21S	1	2	7/7/7	RPE8	1-2 MIN					FIRST 7 REPS BOTTOM HALF OF ROM, NEXT 7 REPS TOP HALF OF ROM, LAST 7 REPS FULL ROM	
	CABLE CRUNCH	1	4	15	RPE8	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	
	STANDING CALF RAISE	1	4	12	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY FULL BODY PROGRAM

WEEK 8

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	2	92.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	[BACK OFF] BACK SQUAT	0	2	2	85%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	BARBELL OVERHEAD PRESS	2	4	5	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE8	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	4	8	RPE8	2-3 MIN					SUPINATED (UNDERHAND) SHOULDER WIDTH GRIP, PULL WITH LATS	
	SUPINATED EZ BAR CURL	1	3	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	AB WHEEL ROLLOUT	1	3	12	RPE8	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	4	2	90%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	4	12	RPE8	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE8	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	DUMBBELL LATERAL RAISE	0	4	15	RPE8	1-3 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	OVERHEAD TRICEP EXTENSION	0	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE8	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	4	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	4	8	RPE8	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	CABLE SINGLE-ARM CURL	0	4	8	RPE8	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	(TOPSET) DEADLIFT	3	1	2	95%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	(BACK OFF) RESET DEADLIFT	0	1	3	85%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DECLINE BENCH PRESS	2	4	8	RPE 8	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	GLUTE HAM RAISE	0	4	10	RPE8	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	4	12	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE8	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	EZ BAR SKULL CRUSHER	1	3	15	RPE8	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	5	3	87.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	PENDLAY ROW	1	4	12	RPE8	1-3 MIN					KEEP A FLAT BACK, PULL YOUR ELBOWS BACK AT 45 DEGREE ANGLE	
	SEATED HIP ABDUCTION	1	4	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	EZ BAR CURL 21S	1	2	7/7/7	RPE8	1-2 MIN					FIRST 7 REPS BOTTOM HALF OF ROM, NEXT 7 REPS TOP HALF OF ROM, LAST 7 REPS FULL ROM	
	CABLE CRUNCH	1	4	15	RPE8	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	
	STANDING CALF RAISE	1	4	12	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY
PROGRAM

WEEK 9

(DELOAD)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	4	4	75%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	BARBELL BENCH PRESS	2	3	4	70%	2-3 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LYING LEG CURL	1	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE6	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SUPINATED EZ BAR CURL	1	3	10	RPE6	1-2 MIN					PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	
	CABLE CRUNCH	1	3	12	RPE6	1-2 MIN					FOCUS ON FLEXING YOUR LOWER BACK	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	80%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE6	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	DEADLIFT	2	3	3	75%	2-3 MIN					EXPLOSIVE REPS OFF THE FLOOR - SHOULD FEEL LIGHT AND FAST	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE6	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	DUMBBELL LATERAL RAISE	0	3	10	RPE6	1-3 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	TRICEP PRESSDOWN	0	3	15	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE6	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WIIDE GRIP LAT PULLDOWN	2	3	6	RPE6	2-3 MIN					PULL WITH YOUR CHEST TO THE BAR	
	CHEST SUPPORTED T BAR ROW	1	3	10	RPE6	2-3 MIN					FOCUS ON RETRACTION, TRANSVERSE ABDUCTION	
	LEG PRESS	2	3	12	RPE6	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	STANDING CALF RAISE	1	4	8	RPE6	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	HAMMER CURL	0	3	8	RPE6	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	3	2	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DECLINE BENCH PRESS	2	3	8	RPE 7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	GLUTE HAM RAISE	0	3	10	RPE6	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	3	15	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE6	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE6	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE6	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	EZ BAR SKULL CRUSHER	1	3	15	RPE6	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	6	75%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	BARBELL BENCH PRESS	1	3	2	85%	1-2 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	CABLE SEATED ROW	1	3	12	RPE6	1-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, PULL WITH YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE6	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	INCLINE DUMBBELL CURL	1	2	10	RPE6	1-2 MIN					BRACE UPPER BACK AGAINST BENCH, 45 DEGREE INCLINE, KEEP SHOULDERS BACK AS YOU CURL	
	BICYCLE CRUNCH	1	3	15	RPE6	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
	STANDING CALF RAISE	1	4	12	RPE6	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY
PROGRAM

WEEK 10

(AMRAPs)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	TOPSET: BACK SQUAT	3	1	AMRAP	90%	2-4 MIN					AS MANY REPS AS POSSIBLE (AMRAP) – ALWAYS USE A SPOTTER AND GOOD TECHNIQUE	
	BACK SQUAT	0	2	6	75%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
	DUMBBELL INCLINE PRESS	2	3	8	RPE5	2-3 MIN					VERY LIGHT WEIGHT - AVOID INTERFERENCE WITH BENCH AMRAP TOMORROW	
	LYING LEG CURL	1	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULldOWN	1	3	10	RPE8	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SUPINATED EZ BAR CURL	1	3	10	RPE9	1-2 MIN					PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	
	CABLE CRUNCH	1	3	12	RPE6	1-2 MIN					FOCUS ON FLEXING YOUR LOWER BACK	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	1	AMRAP	90%	2-4 MIN					AS MANY REPS AS POSSIBLE (AMRAP) – ALWAYS USE A SPOTTER AND GOOD TECHNIQUE	
	BARBELL BENCH PRESS	0	2	5	75%	2-4 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE 9	1-2 MIN					FLYE UP AND IN. PALMS FACE UP AT THE BOTTOM AND DOWN AT THE TOP	
	BARBELL HIP THRUST OR ROMANIAN DEADLIFT	2	3	12	RPE5	2-3 MIN					VERY LIGHT WEIGHT TO AVOID INTERFERENCE WITH DEADLIFT AMRAPs ON DAY 4	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE8	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE8	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE9	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE10	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					PULL WITH YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE 8	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	STANDING CALF RAISE	1	4	8	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	HAMMER CURL	0	3	8	RPE10	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	1	AMRAP	90%	3-5 MIN					AS MANY REPS AS POSSIBLE (AMRAP) – ALWAYS USE GOOD TECHNIQUE	
	DEADLIFT	3	2	5	75%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	DECLINE BENCH PRESS	2	3	8	RPE 7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	GLUTE HAM RAISE	0	3	10	RPE 8	1-2 MIN					KEEP LOWER BACK STRAIGHT, USE HAMSTRINGS TO CURL YOUR BODY UP	
	LEG EXTENSION	1	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	CABLE PULL-OVER	1	3	15	RPE8	1-3 MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE8	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	EZ BAR SKULL CRUSHER	1	3	15	RP8	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 5 DELTOID FOCUSED FULL BODY	OVERHEAD PRESS	3	4	10	75-80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	EGYPTIAN LATERAL RAISE	1	3	8	RPE9	1-2 MIN					2-SECOND ECCENTRIC. LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
	CABLE SEATED ROW	1	3	12	RPE8	1-3 MIN					FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, PULL WITH YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	INCLINE DUMBBELL CURL	1	2	10	RPE10	1-2 MIN					BRACE UPPER BACK AGAINST BENCH, 45 DEGREE INCLINE, KEEP SHOULDERS BACK AS YOU CURL	
	BICYCLE CRUNCH	1	3	15	RPE8	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
	STANDING CALF RAISE	1	4	12	RPE8	1-2 MIN					PRESS ONTO YOUR TOES	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	